

weekly **menu**

Monday, January 22, 2018

Snack: Warm oatmeal topped with raisins and a drizzle of Vermont maple syrup, served with milk

Lunch: Apple grilled cheese on bakery-fresh bread, served with cucumber slices and milk

Snack: Grapefruit served with almonds and water

Tuesday, January 23, 2018

Snack: Hard-boiled egg served with milk

Lunch: Macaroni and cheese infused with butternut squash, served with steamed peas, apple slices and milk

Snack: Cranberry orange sunflower seed biscotti served with milk

Wednesday, January 24, 2018

Snack: Banana served with milk

Lunch: Roasted chicken served with mashed potatoes, green beans and milk

Snack: Baked apple turnover served with milk

Thursday, January 25, 2018

Snack: Roasted vegetable and quinoa quiche served with milk

Lunch: Baked potato topped with red lentils and cheese, served with orange slices and milk

Snack: Carrots served with white bean hummus dip and water

Friday, January 26, 2018

Snack: Pumpkin scone served with milk

Lunch: Black bean, vegetable and cheese quesadilla topped with a dollop of sour cream, served with pineapple and milk

Snack: Baked apple and cheddar melt served with water

Local Vendors include: Farmers Cow, WholeG Bakery, Hindinger Farms, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

